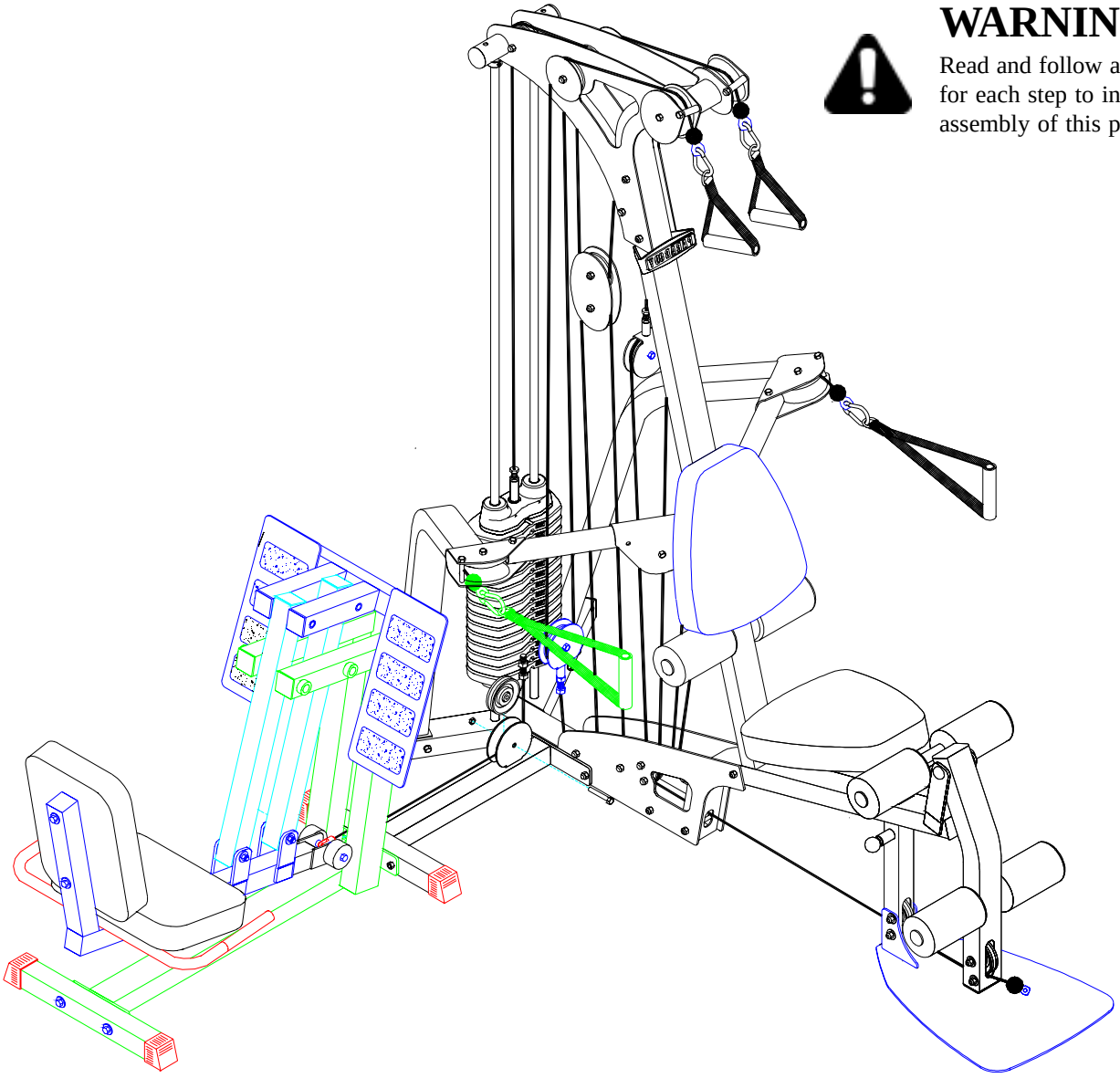
778 LEG PRESS ADAPTER KIT FOR 777 GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

TABLE OF CONTENTS

Safety Statement.....2
General Notes.....3
Tools Required.....3
Gym Layout.....4
Parts list.....5
Assembly Instructions.....5-13
General Maintenance.....14
Warranty Statement.....15
Product Services.....16
Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

.

NOTE: In a continual effort to improve our products, specifications are subject to change

© 2001 Life Fitness, a division of Brunswick Corporation. All rights reserved.
ParaBody is a trademark of Brunswick Corporation

www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 778 LEG PRESS ADAPTER KIT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

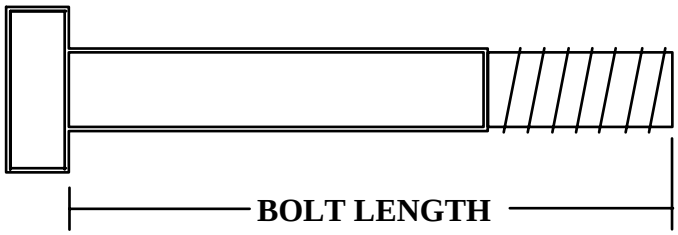
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

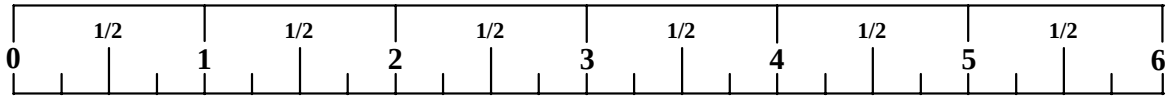
* 9/16” wrench
* Ratchet with 9/16” sockets
* Adjustable wrench
* Tape measure

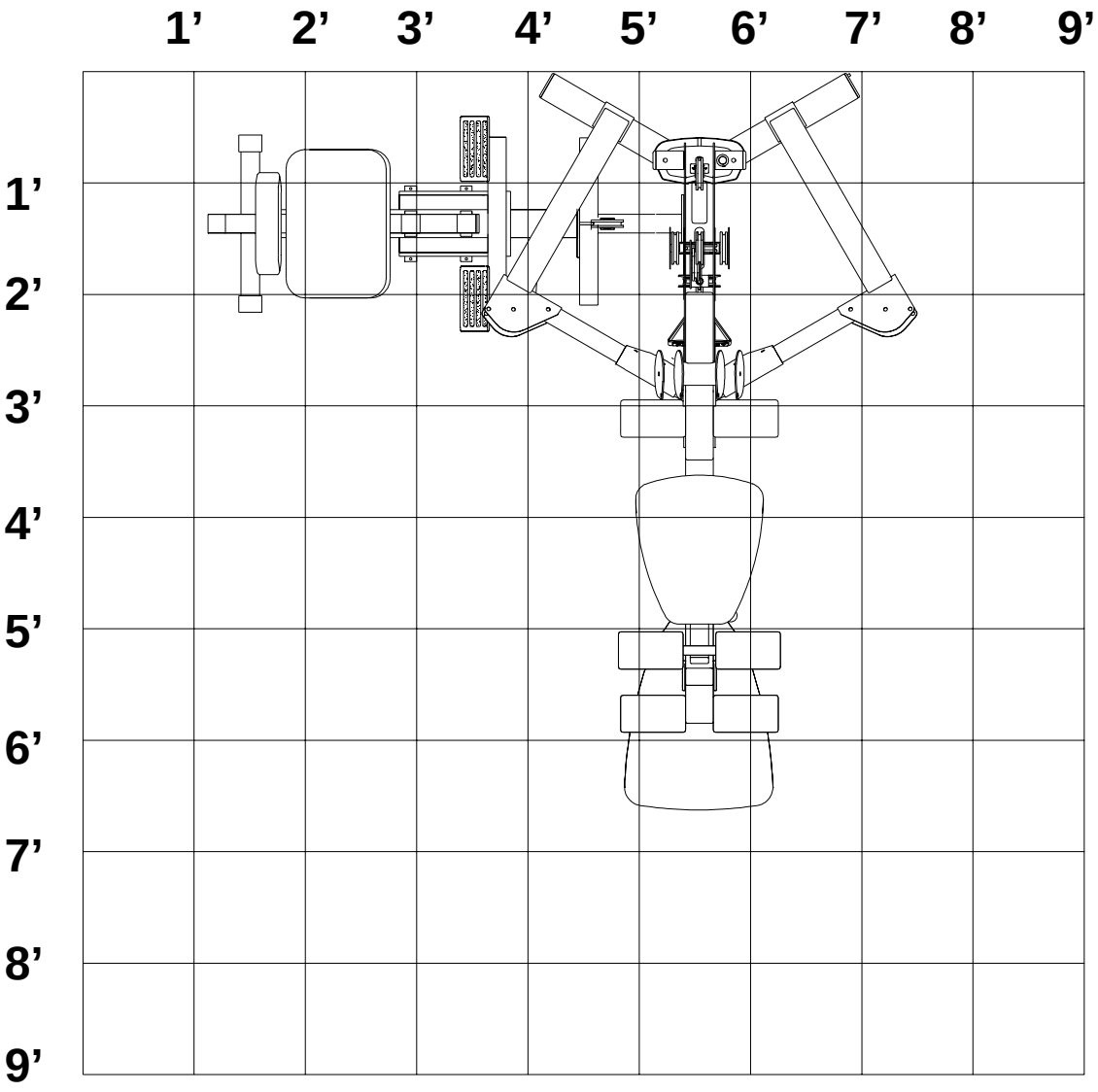
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

Minimum Required Usable Space

Length = 90 inches (229 cm) 7’ 6”
Width = 103 inches (262 cm) 8’ 7”
Height = 84 inches (213.5 cm) 7”

Dimensions Including Leg Press (optional)

Length = 90 inches (229 cm) 7’ 6”
Width = 130 inches (330 cm) 10’ 10”

PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	7031308	FRONT LEG	1		7	3102501	3/8” WASHER	9
2	7006708	PULLEY BRACKET	1		8	3102802	3/8” LOCKNUT	5
3	6987802	WEIGHT STACK CABLE	1		9	3102924	3/8 X 1-3/4” BOLT	2
4	7031701	LEG PRESS CABLE	1		10	3102904	3/8 X 3” BOLT	2
5	3116201	3-1/2” PULLEY	1		11	3102935	3/8 X 4-1/2” BOLT	2
6	6467001	2” COVER CAP	2					

NOTE: The LEG PRESS ATTACHMENT (100101) must be assembled before connecting it to the PARABODY 777 GYM SYSTEM

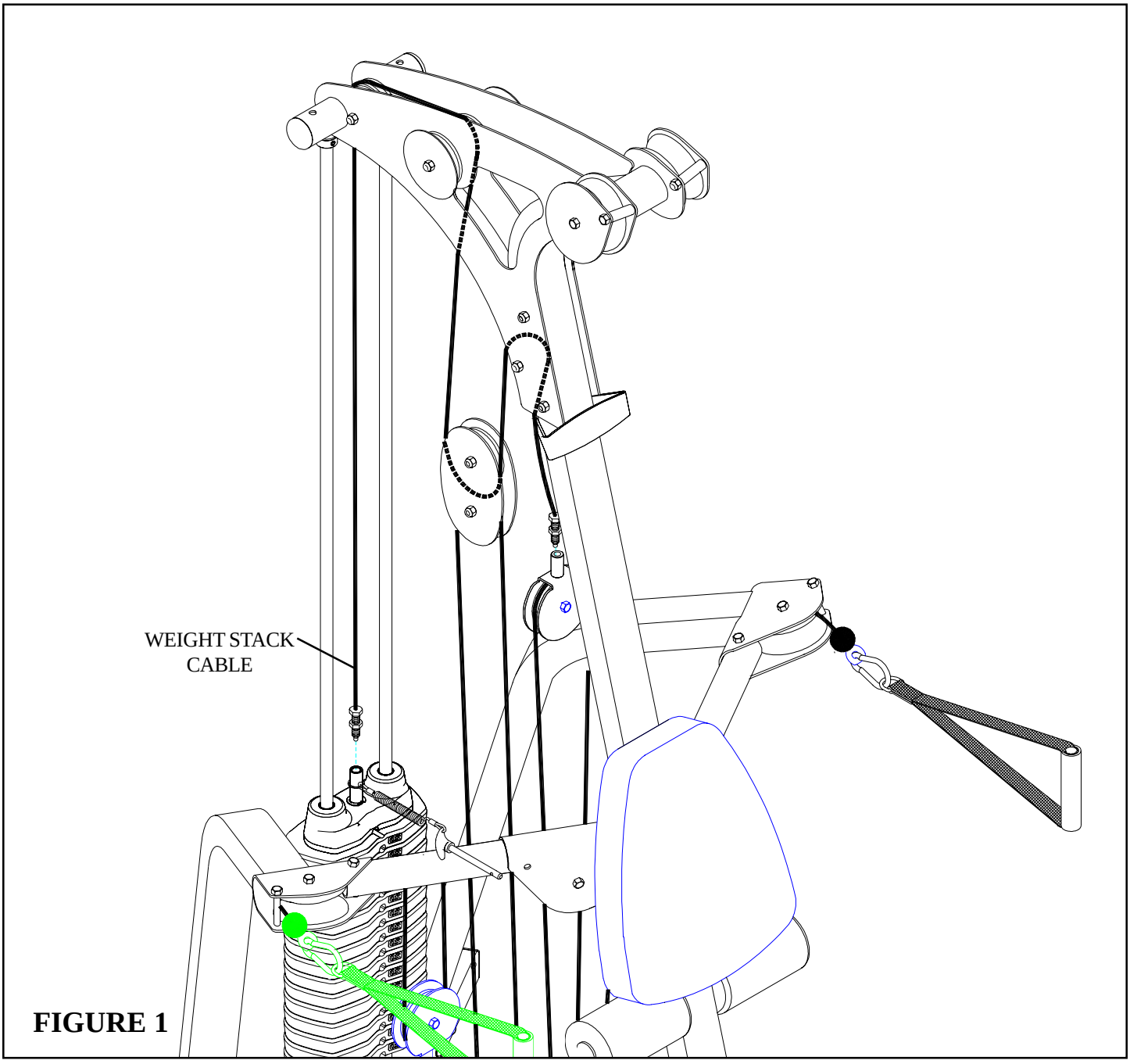
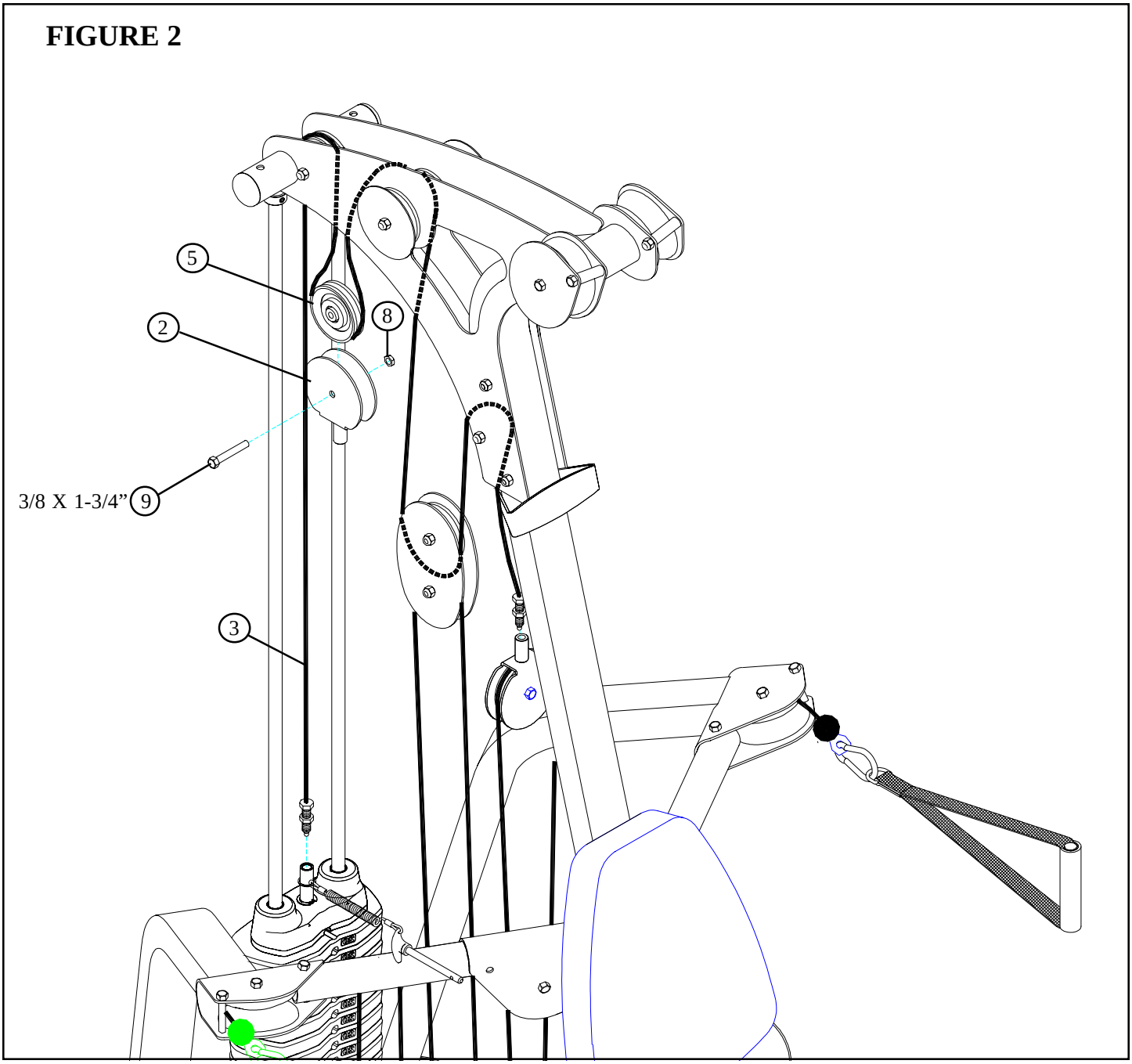


FIGURE 1

STEP 1:

- Remove the WEIGHT STACK CABLE as shown in FIGURE 1. Discard the cable.

FIGURE 2



STEP 2:

- Screw the long threaded end of the new WEIGHT STACK CABLE (3) into the end of the WEIGHT PLATE SHAFT. See FIGURE 2.
- Route the 120” CABLE (3) around the pulley in the BOOM PLATES as shown in FIGURE 2. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble one 3-1/2” PULLEY (5) to the PULLEY BRACKET (2) using one 3/8 X 1-3/4” BOLT (9) and one 3/8” LOCK NUT (8) **(Note: Loop the 120” CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (3) into the end of the PULLEY BRACKET (2) .See FIGURE 2.

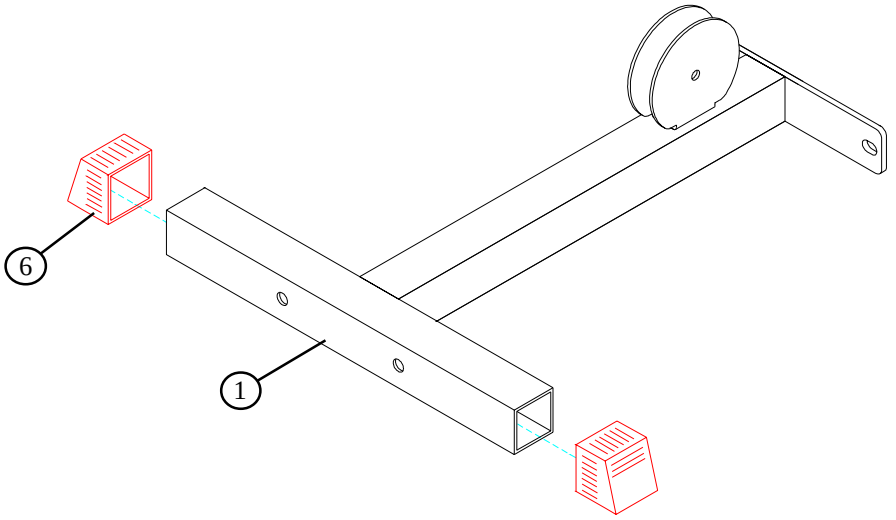


FIGURE 3

STEP 3

- Slide two 2” SQ. COVER CAPS (6) over the FRONT LEG (1) as shown in FIGURE 3.

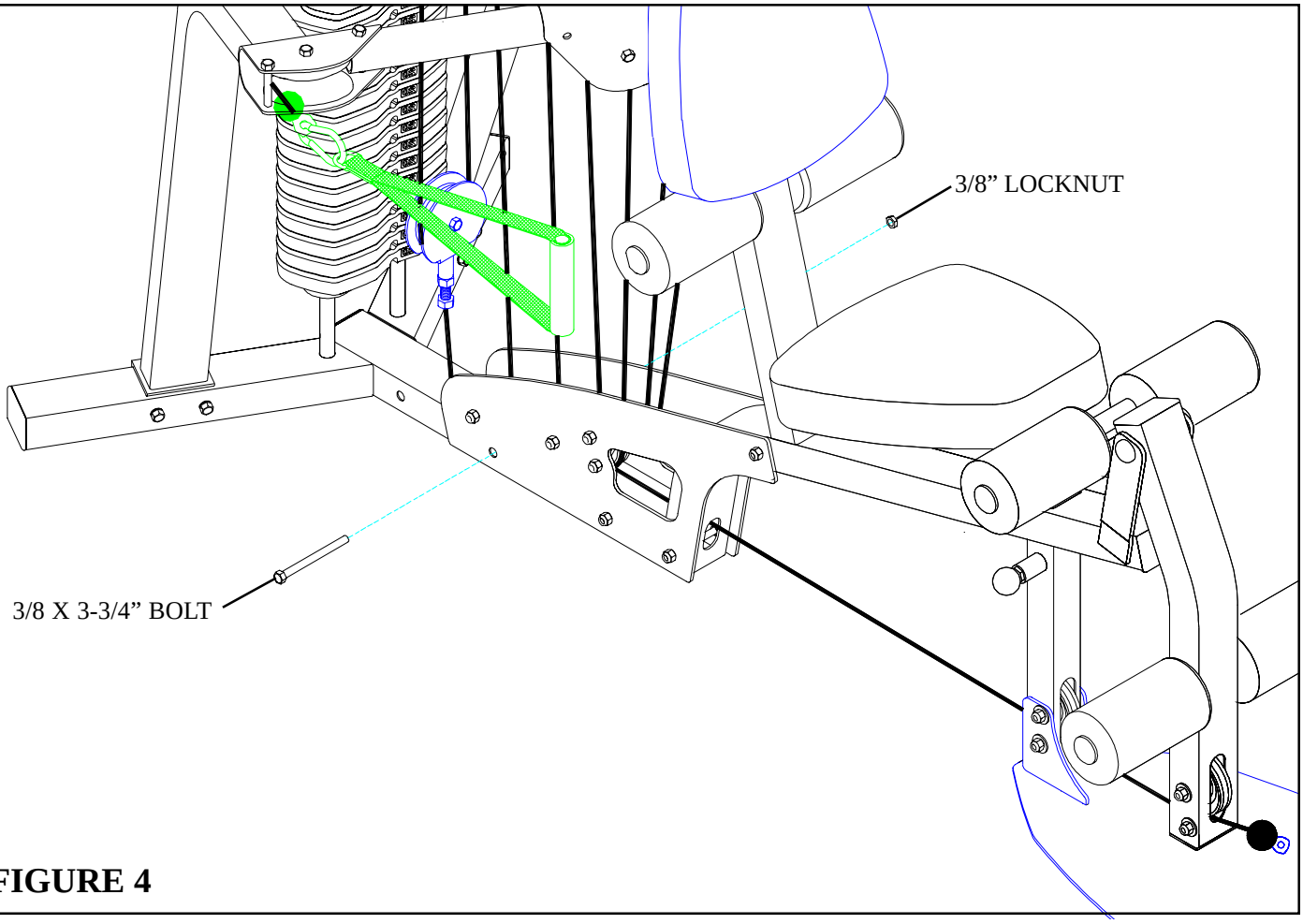


FIGURE 4

STEP 4:

- Remove the 3/8 X 3-3/4” BOLT and 3/8” LOCK NUT from the BASE PLATE as shown in FIGURE 4.

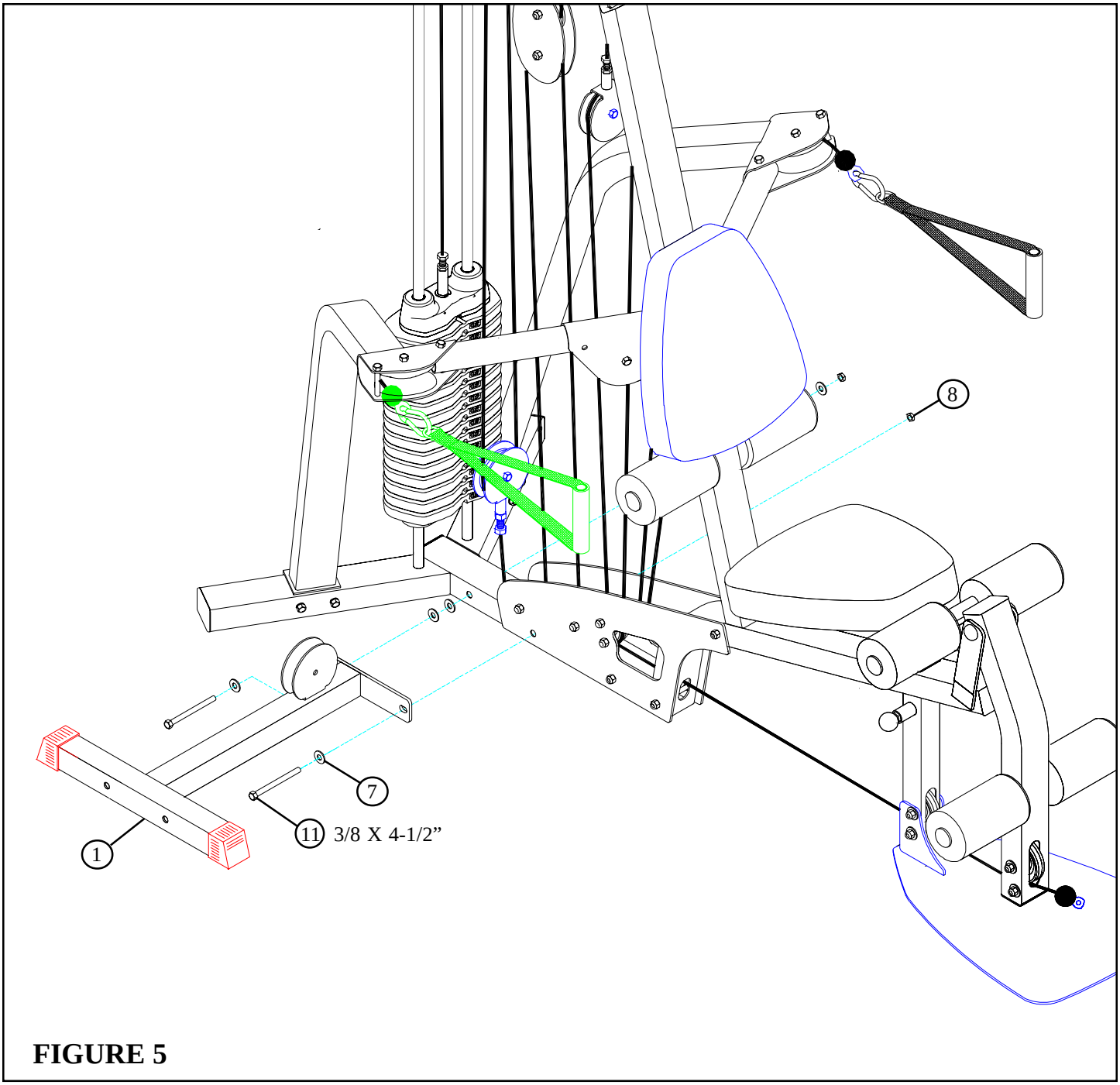


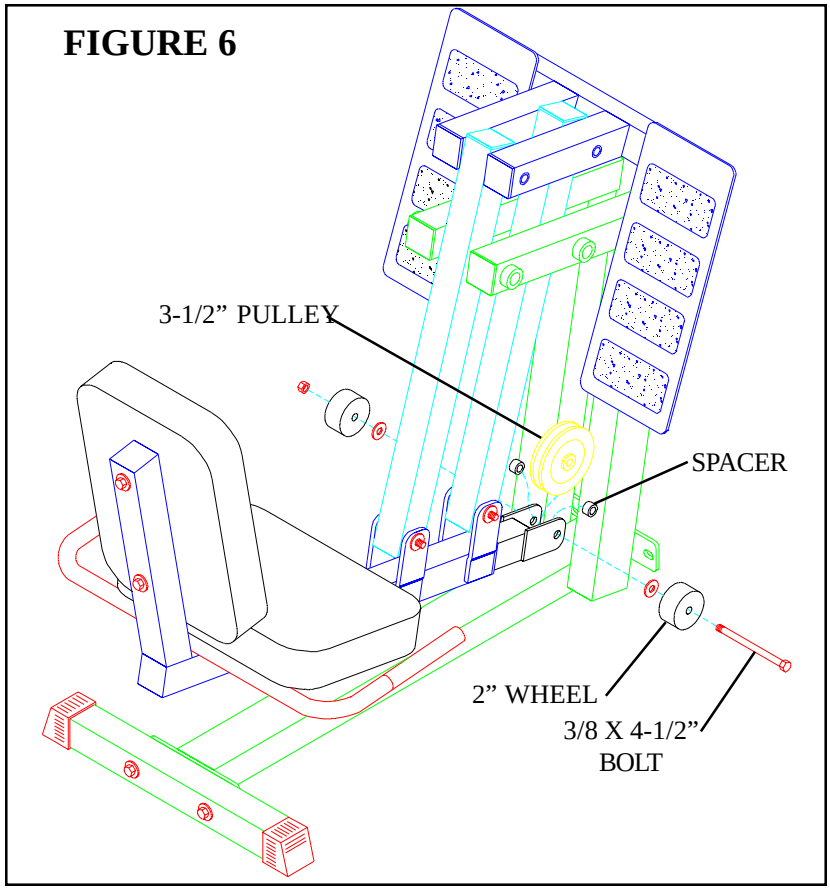
FIGURE 5

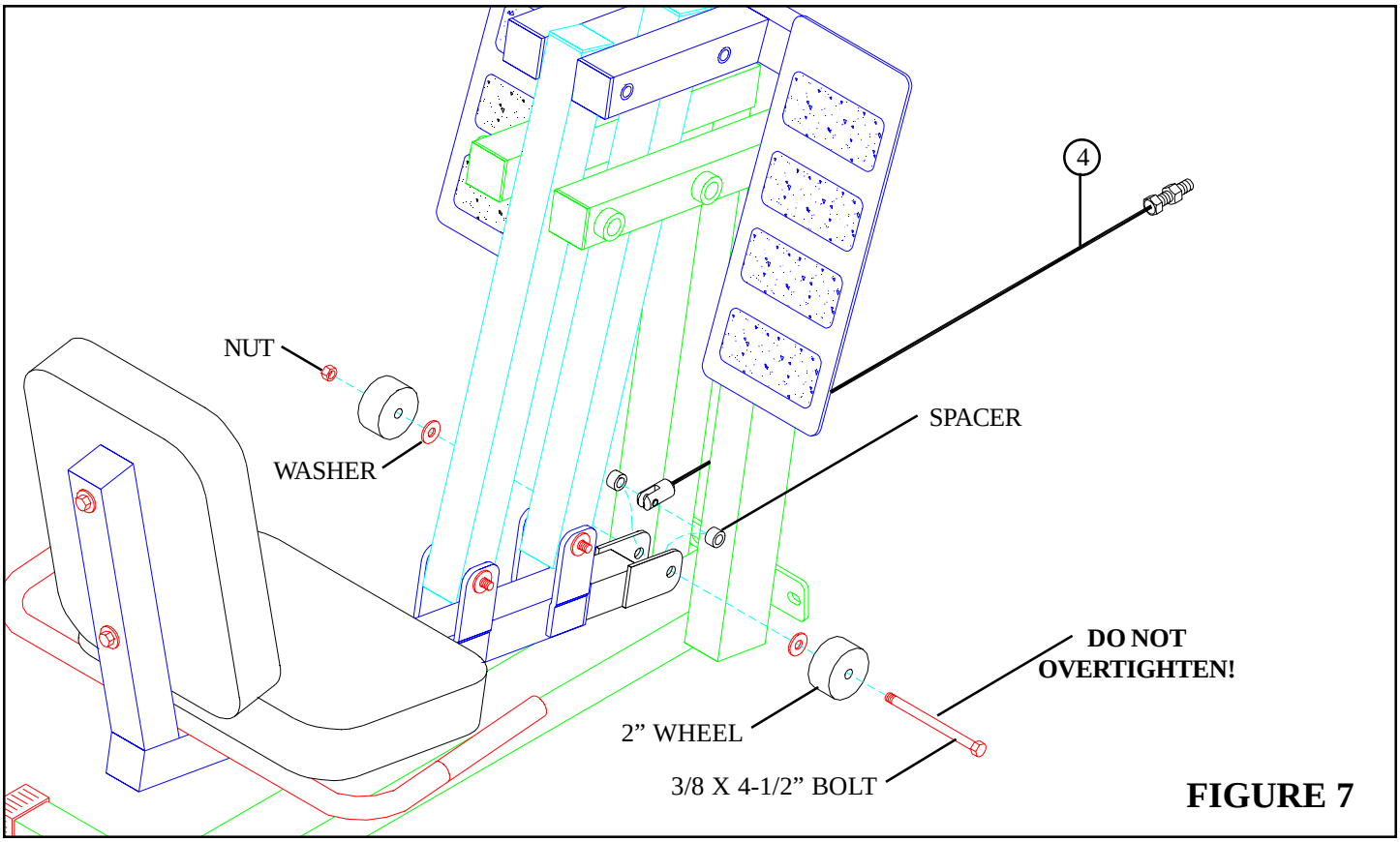
STEP 5:

- **SECURELY** assemble the FRONT LEG (1) to the 777 Gym System using two 3/8 X 4-1/2” BOLTS (11), five 3/8” WASHERS (7), one previously removed 3/8” LOCK NUT and one 3/8” LOCK NUT (8) as shown in FIGURE 5.

STEP 6

- Remove one existing 3-1/2" PULLEY, two WASHERS, two 2" WHEELS and two SPACERS from the ADJUSTMENT TUBE on the 100 LEG PRESS OPTION by unfastening the 3/8 X 4-1/2" BOLT holding the pulley on. See FIGURE 6. **(NOTE: The pulley will be used in STEP 9.)**





STEP 7

- Assemble the LEG PRESS CABLE (4) to the ADJUSTMENT TUBE on the 100 LEG PRESS using the existing previously removed 3/8 X 4-1/2" BOLT, SPACERS, WASHERS, 2" WHEELS AND NUT. **(Note: Do not overtighten! Tighten only until nut is completely on bolt.)** See FIGURE 7.

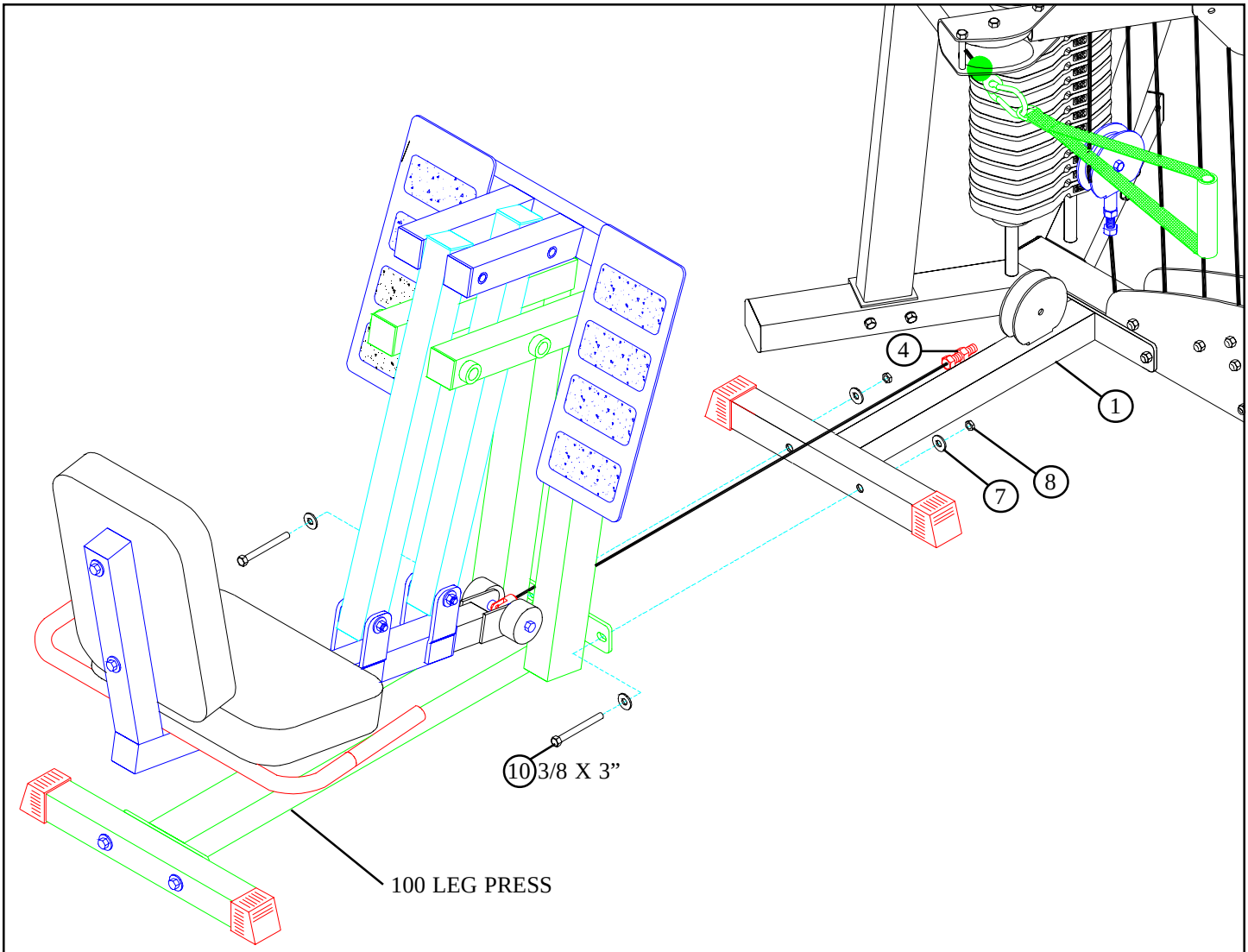


FIGURE 8

STEP 8

- Securely fasten the 100 LEG PRESS to the FRONT LEG (1) using two 3/8 X 3” BOLTS (10), four 3/8” WASHERS (7), and two 3/8” LOCK NUTS (8) as shown in FIGURE 8.

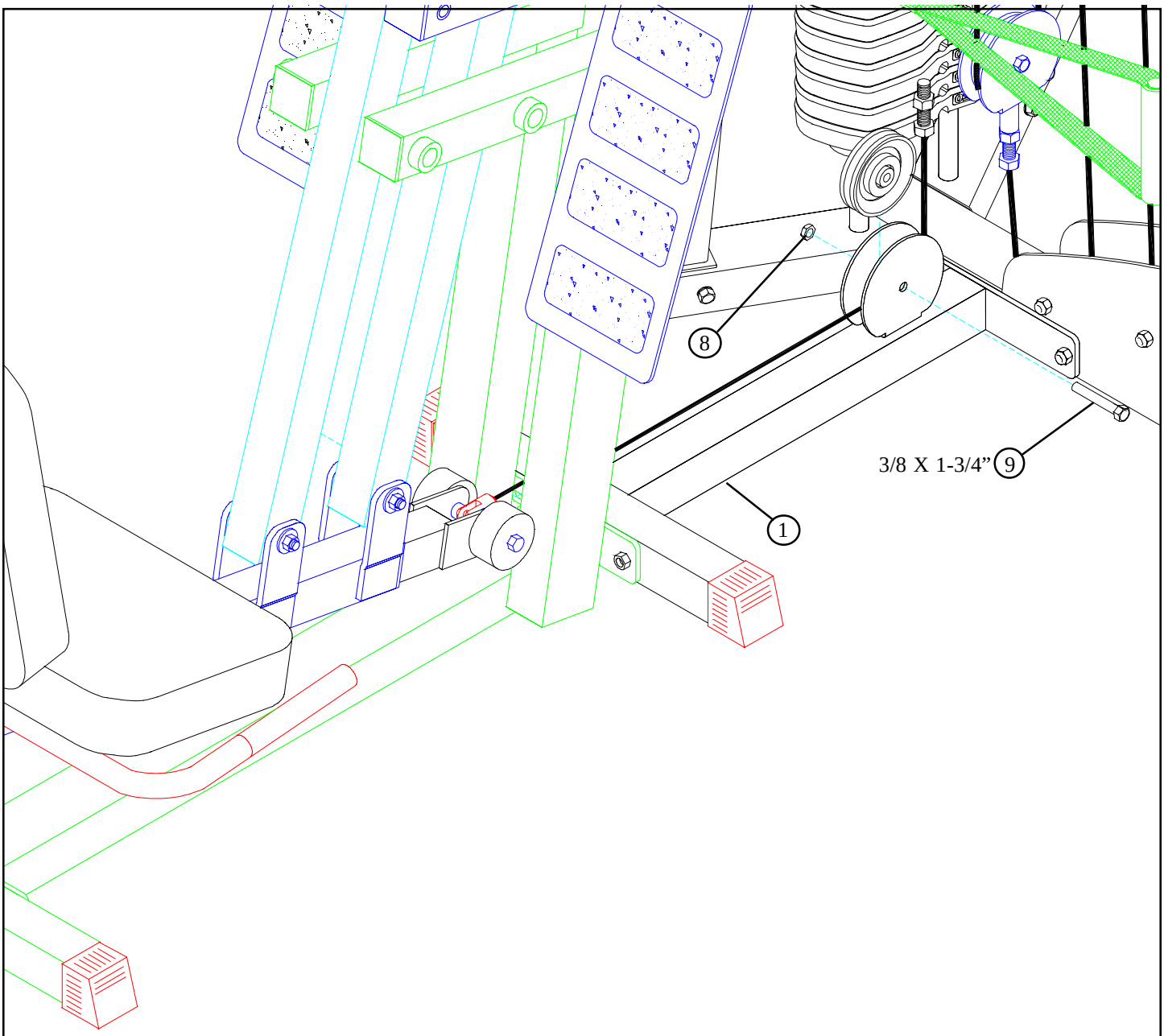


FIGURE 9

STEP 9:

- **SECURELY** assemble the previously removed 3-1/2” PULLEY to the FRONT LEG (1) using one 3/8 X 1-3/4” BOLT (9) and one 3/8” LOCK NUT (8). See FIGURE 9. **(NOTE: Loop the LEG PRESS CABLE around the pulley prior to assembling it.)**

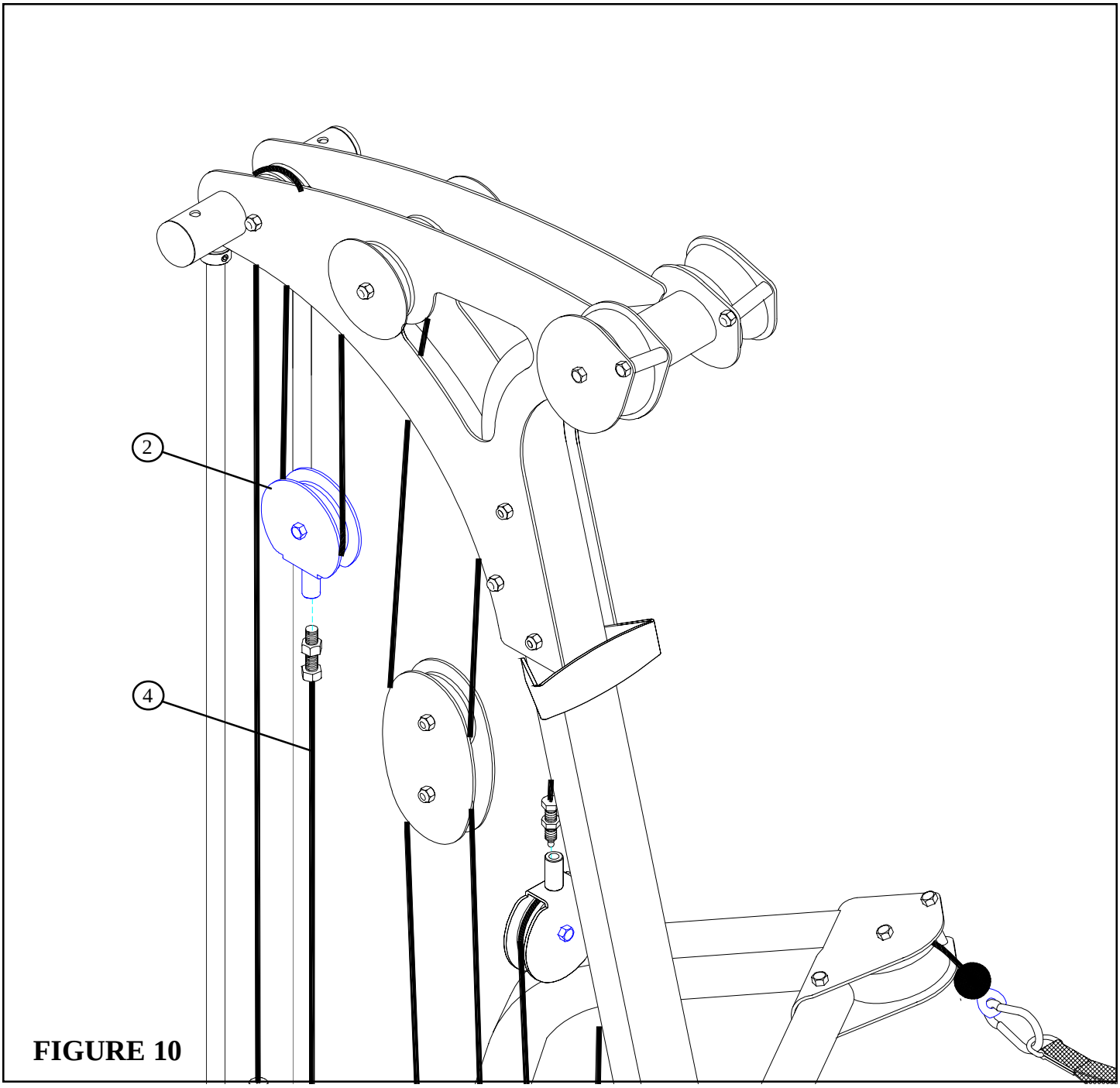


FIGURE 10

STEP 10

- Screw the threaded end of LEG PRESS CABLE (4) to the PULLEY BRACKET (2) as shown in FIGURE 10.

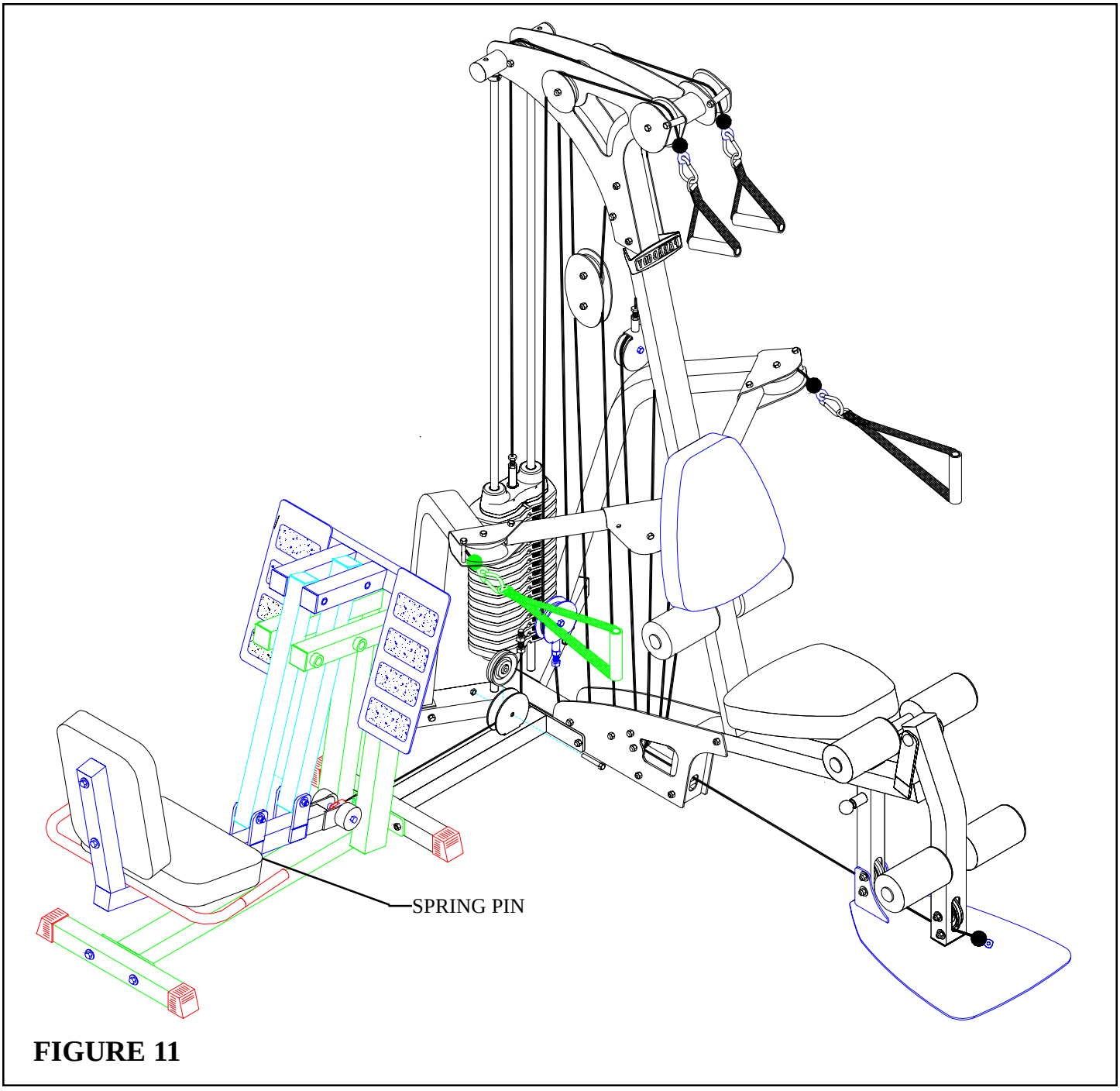


FIGURE 11

STEP 11

- The 100 LEG PRESS is equipped with a spring pin adjustment to accommodate different sized users and allow easy entry and exit from the machine. To use, you must slightly push against the foot plates to take tension off the pin.
- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN, adjust the 100 LEG PRESS into the last adjustment hole (so the LEG PRESS is spread apart) and perform several repititions at the leg press station.This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If further CABLE ADJUSTMENT is needed, reference the 777 GYM SYSTEM assembly instructions.

THIS CONCLUDES THE ASSEMBLY OF THE 778 LEG PRESS ADAPTER KIT